

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	FALKOWSKI Bartłomiej	459	PIEKIELNI WARSZAWA	M2 30-39 lat	1	00:00:01	00:17:14	00:34:14	00:51:19.70	00:51:21.15		3:56	15.2
2	DEMBOWSKI Mariusz	93	H+H POLSKA	M2 30-39 lat	2	00:00:01	00:17:15	00:34:14	00:51:33.85	00:51:35.40	+00:00:14	3:57	15.1
3	KUŚMIERZ Sylwester	214	MARKOWI BIEGACZE	M3 40-49 lat	1	00:00:01	00:17:17	00:34:46	00:52:44.90	00:52:46.45	+00:01:25	4:03	14.8
4	MARSZAŁ Mariusz	231	PRL TRANSPORT	M2 30-39 lat	3	00:00:02	00:17:43	00:35:53	00:54:17.75	00:54:20.05	+00:02:58	4:10	14.4
5	KRZEMPEK Aleksander	205	BIEGANIEPO40.PL	M3 40-49 lat	2	00:00:02	00:17:46	00:36:07	00:54:41.15	00:54:43.15	+00:03:21	4:12	14.3
6	SKWARCZ Paweł	336		M2 30-39 lat	4	00:00:02	00:18:04	00:36:47	00:55:16.35	00:55:18.85	+00:03:56	4:15	14.1
7	DUTKIEWICZ Maciej	483		M2 30-39 lat	5	00:00:03	00:17:41	00:35:59	00:55:35.50	00:55:39.00	+00:04:15	4:16	14
8	BAŁAJ Krzysztof	24	DECATHLON	M1 < 29 lat	1	00:00:04	00:18:30	00:37:10	00:55:55.35	00:55:59.90	+00:04:35	4:18	13.9
9	ŁABĘDZKI Konrad	222	DUKLANOWSKI TEAM	M2 30-39 lat	6	00:00:02	00:18:49	00:37:42	00:56:09.10	00:56:11.40	+00:04:49	4:19	13.9
10	MIEDZIEJEWSKI Andrzej	242	RATE MY TRAIL TEAM PRO	M2 30-39 lat	7	00:00:02	00:18:20	00:37:23	00:56:44.85	00:56:47.45	+00:05:25	4:21	13.7
11	GOZDEK Radek	135	BIEGANIEPO40.PL	M3 40-49 lat	3	00:00:02	00:18:48	00:37:41	00:57:01.65	00:57:03.70	+00:05:41	4:23	13.7
12	ABU NAHIA Karim	11	NADAKTYWNI TORUŃ	M1 < 29 lat	2	00:00:02	00:18:48	00:37:42	00:57:13.30	00:57:16.10	+00:05:53	4:24	13.6
13	WASILEWSKI Adam	387		M2 30-39 lat	8	00:00:03	00:18:26	00:37:51	00:57:32.75	00:57:36.40	+00:06:13	4:25	13.6
14	GRYGO Paweł	143	GRYGO TEAM	M3 40-49 lat	4	00:00:03	00:18:48	00:38:00	00:57:34.40	00:57:37.80	+00:06:14	4:25	13.5
15	GĄŁUSZKA Filip	121	KOKOSZKA36TEAM	M2 30-39 lat	9	00:00:08	00:19:41	00:38:57	00:58:14.65	00:58:23.15	+00:06:54	4:28	13.4
16	GORTAT Igor	134	KB TKKF PROMYK CIECHANÓW	M2 30-39 lat	10	00:00:04	00:19:28	00:39:00	00:58:34.90	00:58:39.05	+00:07:15	4:30	13.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	WÓJCIK Dariusz	435	OK!SPORT	M4 50-59	1	00:00:04	00:18:59	00:38:32	00:58:41.40	00:58:45.85	+00:07:21	4:30	13.3
18	KLECZEWSKI Piotr	455	UKS FILIPIDES TERESIN	M1 < 29 lat	3	00:00:03	00:18:59	00:38:58	00:58:45.15	00:58:48.20	+00:07:25	4:31	13.3
19	MIOTK Marcin	252	MIOTK.PL	M3 40-49 lat	6	00:00:02	00:19:00	00:39:00	00:59:14.15	00:59:16.35	+00:07:54	4:33	13.2
20	ANUSIEWICZ Robert	17	-	M3 40-49 lat	5	00:00:27	00:19:24	00:38:50	00:58:57.80	00:59:25.50	+00:07:38	4:32	13.2
21	MIELCZAREK Krzysztof	468	BIEGAM NA TARCHOMINIE	M3 40-49 lat	7	00:00:03	00:19:22	00:39:18	00:59:50.50	00:59:53.50	+00:08:30	4:36	13
22	RADZIKOWSKI Andrzej	304		M3 40-49 lat	8	00:00:04	00:19:59	00:39:51	01:00:19.45	01:00:23.45	+00:08:59	4:38	12.9
23	ZYCH Mariusz	426	BIEGAJ POD OKIEM TRENERA	M3 40-49 lat	9	00:00:04	00:19:25	00:39:44	01:00:19.95	01:00:24.40	+00:09:00	4:38	12.9
24	FIEDOROW Tomasz	111	ZK BARCZEWO	M2 30-39 lat	11	00:00:02	00:19:45	00:40:02	01:00:36.25	01:00:39.15	+00:09:16	4:39	12.9
25	KAMIŃSKI Paweł	447	BIEGANIEPO40.PL	M3 40-49 lat	10	00:00:06	00:19:57	00:40:22	01:00:49.45	01:00:56.00	+00:09:29	4:40	12.8
26	SZYBALSKI Michał	362	AKTYWNA WARSZAWA	M2 30-39 lat	12	00:00:02	00:19:44	00:40:43	01:01:02.70	01:01:04.70	+00:09:43	4:41	12.8
27	BISOWSKI Mariusz	46	A NA CO TO KOMU POTRZEBNE	M3 40-49 lat	11	00:00:07	00:20:14	00:40:49	01:01:05.35	01:01:13.20	+00:09:45	4:41	12.8
28	ZIÓŁKOWSKI Jacek	421		M4 50-59	2	00:00:02	00:20:17	00:40:49	01:01:13.15	01:01:15.55	+00:09:53	4:42	12.7
29	BIAŁEK Piotr	39	3BRO - ZK BARCZEWO	M3 40-49 lat	12	00:00:03	00:20:15	00:40:37	01:01:14.40	01:01:18.30	+00:09:54	4:42	12.7
30	CHRAPEK Janusz	70	ROSSMANN	M3 40-49 lat	13	00:00:06	00:20:48	00:41:32	01:02:12.60	01:02:18.90	+00:10:52	4:47	12.5
31	ŚLUSARCZYK Katarzyna	367	OK!SPORT	K2 30-39 lat	1	00:00:00	00:21:24	00:42:00	01:02:42.00	01:02:42.00	+00:11:22	4:49	12.4
32	GAJEK Ireneusz	118		M3 40-49 lat	14	00:00:05	00:21:06	00:41:54	01:02:41.60	01:02:47.55	+00:11:21	4:49	12.4
33	STRADOMSKI Artur	350	MARKOWI BIEGACZE	M3 40-49 lat	15	00:00:05	00:20:45	00:41:46	01:02:54.40	01:02:59.50	+00:11:34	4:50	12.4
34	KOWALIK Filip	198		M1 < 29 lat	4	00:00:04	00:19:44	00:40:37	01:03:23.80	01:03:28.65	+00:12:04	4:52	12.3
35	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	16	00:00:05	00:21:10	00:42:06	01:03:25.80	01:03:30.85	+00:12:06	4:52	12.3
36	BRALEWSKI Tomasz	52	BOCIAN KRIS BRAŃSZCZYK	M4 50-59	3	00:00:22	00:21:37	00:42:41	01:03:25.30	01:03:48.10	+00:12:05	4:52	12.3
37	BARANOWSKI Jacek	482		M3 40-49 lat	17	00:00:03	00:20:33	00:41:57	01:03:47.45	01:03:50.95	+00:12:27	4:54	12.2
38	KĄTNIAK Paweł	178		M2 30-39 lat	13	00:00:03	00:21:07	00:42:36	01:04:20.55	01:04:24.35	+00:13:00	4:56	12.1
39	SOBOLEWSKI Jakub	465	BRACTWO BIEGOWE BGK	M3 40-49 lat	18	00:00:20	00:21:17	00:43:03	01:04:24.10	01:04:45.05	+00:13:04	4:57	12.1
40	WILMOWICZ Michał	393	ZK BARCZEWO	M2 30-39 lat	14	00:00:04	00:21:12	00:43:03	01:04:41.90	01:04:45.90	+00:13:22	4:58	12.1
41	HASS-KALITA Joanna	436	WARSAW MASTERS TEAM	K3 40-49 lat	1	00:00:06	00:21:19	00:43:05	01:04:53.20	01:04:59.60	+00:13:33	4:59	12

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
42	NOWOCIEŃ Jacek	269	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	1	00:00:02	00:21:10	00:43:10	01:05:08.40	01:05:11.30	+00:13:48	5:00	12
43	TOMASZEK Robert	373		M3 40-49 lat	20	00:00:04	00:21:10	00:43:00	01:05:45.75	01:05:49.75	+00:14:26	5:03	11.9
44	OSTAPIŃSKI Wojtek	283	OSTRESROKI	M3 40-49 lat	19	00:00:12	00:22:25	00:44:14	01:05:37.95	01:05:50.65	+00:14:18	5:02	11.9
45	STĘPIEŃ Adam	347	ANANASY	M3 40-49 lat	21	00:00:05	00:21:29	00:43:17	01:05:48.40	01:05:54.10	+00:14:28	5:03	11.9
46	JUTKIEWICZ Marcin	168	OBIEGANIU.PL	M3 40-49 lat	22	00:00:12	00:22:25	00:44:05	01:06:20.20	01:06:32.90	+00:15:00	5:06	11.8
47	MEJKA Małgorzata	234		K2 30-39 lat	2	00:00:34	00:22:33	00:43:45	01:06:19.50	01:06:53.80	+00:14:59	5:06	11.8
48	MANELSKI Artur	80	DKŻ	M3 40-49 lat	23	00:00:28	00:23:21	00:45:17	01:06:44.45	01:07:13.40	+00:15:24	5:08	11.7
49	BORKOV Sergii	438		M2 30-39 lat	15	00:00:24	00:22:32	00:44:36	01:06:52.45	01:07:16.85	+00:15:32	5:08	11.7
50	WIECZOREK Michał	390		M4 50-59	4	00:00:32	00:22:28	00:44:37	01:06:47.95	01:07:20.05	+00:15:28	5:08	11.7
51	DOMAŃSKI Błażej	464	TRICLUB	M3 40-49 lat	24	00:00:09	00:22:52	00:45:00	01:07:11.00	01:07:20.70	+00:15:51	5:10	11.6
52	KRAJEWSKA Klaudia	469		K1 < 29 lat	1	00:00:05	00:21:44	00:44:16	01:07:20.05	01:07:25.40	+00:16:00	5:10	11.6
53	MIELCZAREK Marek	476		M3 40-49 lat	25	00:00:05	00:22:31	00:44:50	01:07:29.20	01:07:35.00	+00:16:09	5:11	11.6
54	TOMCZAK Marcin	375		M3 40-49 lat	26	00:00:05	00:22:27	00:44:53	01:07:31.70	01:07:36.75	+00:16:12	5:11	11.6
55	FALANDYSZ Janusz	109	WPRUNNING PRUSZKÓW	M5 60+	2	00:00:03	00:22:30	00:45:06	01:08:08.45	01:08:11.45	+00:16:48	5:14	11.4
56	CZERWIEC Andrzej	87		M3 40-49 lat	27	00:00:21	00:22:11	00:44:26	01:08:16.30	01:08:37.60	+00:16:56	5:15	11.4
57	KŁĄB Jacek	182		M3 40-49 lat	28	00:00:14	00:23:04	00:45:39	01:08:27.65	01:08:42.60	+00:17:07	5:15	11.4
58	BARTCZAK Robert	30		M4 50-59	5	00:00:13	00:23:04	00:45:40	01:08:31.40	01:08:44.70	+00:17:11	5:16	11.4
59	KODA Eugeniusz	185	TEAM ZABIEGANEDNI	M5 60+	3	00:00:04	00:21:52	00:45:08	01:08:36.00	01:08:40.30	+00:17:16	5:16	11.4
60	KANIA Paweł	173	BIEGAM NA TARCHOMINIE	M4 50-59	6	00:00:40	00:22:56	00:45:51	01:08:40.80	01:09:21.40	+00:17:21	5:16	11.4
61	MICHALSKI Robert	486		M2 30-39 lat	16	00:00:10	00:22:43	00:45:52	01:08:41.50	01:08:52.35	+00:17:21	5:17	11.4
62	BIEDKA Robert	472		M3 40-49 lat	29	00:00:27	00:23:43	00:46:16	01:08:45.50	01:09:12.70	+00:17:25	5:17	11.3
63	KACZUR Marcin	487		M3 40-49 lat	30	00:01:02	00:23:44	00:46:04	01:08:48.25	01:09:50.90	+00:17:28	5:17	11.3
64	ZIOMEK Marek	420		M3 40-49 lat	31	00:00:07	00:21:52	00:44:58	01:09:02.35	01:09:09.85	+00:17:42	5:18	11.3
65	ZDUNEK Michał	413		M3 40-49 lat	32	00:00:14	00:22:54	00:46:09	01:09:10.45	01:09:24.95	+00:17:50	5:19	11.3
66	PĘDZISZ Michał	291	AKTYWNA WARSZAWA	M3 40-49 lat	33	00:00:23	00:23:34	00:46:22	01:09:19.65	01:09:43.45	+00:17:59	5:19	11.3
67	MIELCZARSKI Bartosz	243		M2 30-39 lat	17	00:00:15	00:23:43	00:46:31	01:09:21.20	01:09:37.15	+00:18:01	5:20	11.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
68	ŚWIERCZ Jacek	369	BYLEDOBIEC ANIN	M4 50-59	7	00:00:24	00:23:04	00:46:18	01:09:39.05	01:10:03.15	+00:18:19	5:21	11.2
69	SOBOTA Artur	339	DECOARTY.PL	M3 40-49 lat	34	00:00:31	00:23:11	00:46:15	01:09:48.30	01:10:19.95	+00:18:28	5:22	11.2
70	WOŹNIAK Tomasz	440	ŻOLIBER	M3 40-49 lat	35	00:00:06	00:22:08	00:45:36	01:09:53.55	01:10:00.10	+00:18:33	5:22	11.2
71	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M3 40-49 lat	36	00:00:07	00:22:27	00:45:56	01:09:53.75	01:10:01.30	+00:18:34	5:22	11.2
72	MIODUSZEWSKI Marcin	251	AR / UM	M2 30-39 lat	18	00:01:11	00:24:11	00:47:17	01:09:57.65	01:11:09.35	+00:18:37	5:22	11.2
73	GLINKA Karol	128		M2 30-39 lat	19	00:00:45	00:24:10	00:47:20	01:10:07.05	01:10:52.65	+00:18:47	5:23	11.1
74	SZYMANIK Paweł	364		M3 40-49 lat	37	00:00:23	00:23:14	00:46:14	01:10:07.95	01:10:31.65	+00:18:48	5:23	11.1
75	PUSEK Mikołaj	300		M1 < 29 lat	5	00:01:03	00:24:50	00:47:39	01:10:24.95	01:11:28.40	+00:19:05	5:24	11.1
76	SZYSZKO Ewa	366	MARKOWI BIEGACZE	K3 40-49 lat	2	00:00:14	00:23:46	00:46:42	01:10:28.05	01:10:42.15	+00:19:08	5:25	11.1
77	BECZ Karol	36	SW - AŚ GRÓJEC	M2 30-39 lat	20	00:00:18	00:22:58	00:46:27	01:10:49.85	01:11:08.10	+00:19:30	5:26	11
78	NEJFELD Hanna	264	BIEGAJĄCE ZĄBKI	K3 40-49 lat	3	00:00:14	00:23:42	00:47:14	01:10:52.00	01:11:06.85	+00:19:32	5:27	11
79	SZPANOWSKI Marek	359	KAJ TA META TEAM	M4 50-59	8	00:00:32	00:24:02	00:47:27	01:10:57.10	01:11:29.35	+00:19:37	5:27	11
80	NACHAJ Krzysztof	260		M3 40-49 lat	38	00:00:58	00:24:44	00:47:57	01:11:08.80	01:12:06.80	+00:19:49	5:28	11
81	CHODKOWSKI Krzysztof	65		M3 40-49 lat	39	00:00:39	00:25:17	00:48:35	01:11:12.75	01:11:51.80	+00:19:53	5:28	11
82	SENATOR Artur	325		M2 30-39 lat	21	00:00:10	00:24:00	00:47:48	01:11:16.85	01:11:27.20	+00:19:57	5:28	10.9
83	PRZEPIÓRA Łukasz	296	SW - AŚ GRÓJEC	M2 30-39 lat	22	00:00:00	00:23:16	00:46:53	01:11:18.05	01:11:18.05	+00:19:58	5:29	10.9
84	DROGOSZEWSKA Magdalena	97		K2 30-39 lat	3	00:00:11	00:23:58	00:47:39	01:11:20.60	01:11:31.80	+00:20:00	5:29	10.9
85	ZWARDON Ewa	424	KLUB BIEGACZA RTV EURO AGD	K3 40-49 lat	4	00:00:11	00:24:17	00:47:47	01:11:23.30	01:11:34.85	+00:20:03	5:29	10.9
86	KISIEL Artur	180		M3 40-49 lat	40	00:00:38	00:23:50	00:47:29	01:11:37.60	01:12:16.10	+00:20:17	5:30	10.9
87	MICHALCZYK Artur	240		M4 50-59	9	00:00:11	00:23:27	00:47:40	01:11:47.95	01:11:59.90	+00:20:28	5:31	10.9
88	TARNOWSKI Witold	371	KB TKKF PROMYK CIECHANÓW	M5 60+	4	00:00:06	00:22:58	00:46:53	01:11:48.10	01:11:54.70	+00:20:28	5:31	10.9
89	KUCHAREK Paweł	207		M2 30-39 lat	23	00:00:13	00:24:05	00:47:56	01:12:20.05	01:12:33.95	+00:21:00	5:33	10.8
90	ŁUBIAN Michał	431	BLUESOFT	M3 40-49 lat	41	00:00:18	00:23:43	00:47:50	01:12:20.30	01:12:38.80	+00:21:00	5:33	10.8
91	FILIPCZUK Dariusz	112		M4 50-59	10	00:00:25	00:24:32	00:48:27	01:12:24.75	01:12:50.35	+00:21:05	5:34	10.8
92	SZELAĞ Tomasz	356	MKB DREPTAK	M4 50-59	11	00:00:21	00:23:19	00:47:26	01:12:25.10	01:12:46.10	+00:21:05	5:34	10.8
93	BAZYDŁO Jakub	33		M1 < 29 lat	6	00:00:19	00:24:46	00:48:45	01:12:29.10	01:12:48.30	+00:21:09	5:34	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
94	KALICZYŃSKA Wioletta	171	PROJEKT1000UP/OZZKS MOZ GDAŃSK	K3 40-49 lat	5	00:00:26	00:24:01	00:47:50	01:12:30.55	01:12:56.85	+00:21:10	5:34	10.8
95	TARNOWSKA Nika	451		K2 30-39 lat	4	00:00:13	00:24:18	00:48:30	01:12:33.20	01:12:46.80	+00:21:13	5:34	10.8
96	CNOTA Maciej	456		M3 40-49 lat	42	00:01:46	00:25:05	00:48:52	01:12:42.50	01:14:29.10	+00:21:22	5:35	10.7
97	WINKOWSKA-STRUZIK Magdalena	396	DUKLANOWSKI TEAM	K2 30-39 lat	5	00:00:14	00:24:15	00:48:37	01:12:46.25	01:13:00.85	+00:21:26	5:35	10.7
98	WIDERA Tomasz	389	KOKOSZKA36TEAM	M2 30-39 lat	24	00:00:21	00:24:16	00:48:44	01:12:54.25	01:13:15.70	+00:21:34	5:36	10.7
99	CHĘC Tomasz	61		M2 30-39 lat	25	00:00:55	00:25:09	00:49:16	01:12:55.10	01:13:51.00	+00:21:35	5:36	10.7
100	SOBOLEWSKI Mateusz	467	ŻÓRAWSKI TEAM	M1 < 29 lat	7	00:00:00	00:23:32	00:47:50	01:12:56.00	01:12:56.00	+00:21:36	5:36	10.7
101	RUSZCZAK Tomasz	498	LEVEL X	M3 40-49 lat	43	00:01:06	00:25:41	00:50:01	01:13:18.95	01:14:25.80	+00:21:59	5:38	10.6
102	ORŁOWSKI Krzysztof	279	WARSZAWA PARKRUN BRÓDNO	M3 40-49 lat	44	00:00:06	00:24:11	00:48:40	01:13:19.05	01:13:25.95	+00:21:59	5:38	10.6
103	PROKOPIUK Grzegorz	295	SZWAGRY DWA	M3 40-49 lat	45	00:00:52	00:24:42	00:49:01	01:13:22.25	01:14:14.80	+00:22:02	5:38	10.6
104	POTOROKA Vitalii	430	ROZBIEGANY PIASTOW	M1 < 29 lat	8	00:00:38	00:24:21	00:48:39	01:13:25.70	01:14:04.65	+00:22:06	5:38	10.6
105	IWANIUK Tomasz	450	ŻYWCEM ZABIEGANI	M2 30-39 lat	26	00:00:07	00:22:36	00:46:56	01:13:26.45	01:13:34.05	+00:22:06	5:38	10.6
106	JODŁOWSKA Klaudia	165		K1 < 29 lat	2	00:00:10	00:24:07	00:48:21	01:13:26.85	01:13:36.95	+00:22:07	5:38	10.6
107	KAZIMIERCZAK Grzegorz	495		M3 40-49 lat	46	00:01:06	00:25:41	00:50:01	01:13:27.10	01:14:33.70	+00:22:07	5:39	10.6
108	SERAFIN-GORSZKOWSKA Paulina	326		K3 40-49 lat	6	00:00:22	00:24:34	00:48:48	01:13:30.55	01:13:52.70	+00:22:10	5:39	10.6
109	BIESZCZAD Łukasz	43	SĄD REJONOWY W ROPCZYCACH	M2 30-39 lat	27	00:00:27	00:24:28	00:48:41	01:13:31.60	01:13:58.65	+00:22:11	5:39	10.6
110	BORUC Magdalena	50	MILWAUKEE POLSKA	K2 30-39 lat	6	00:00:11	00:23:58	00:48:43	01:13:34.35	01:13:45.35	+00:22:14	5:39	10.6
111	CIESIELSKI Marcin	441	WARSAW RUN CLUB	M3 40-49 lat	47	00:00:07	00:24:20	00:48:43	01:13:37.25	01:13:44.30	+00:22:17	5:39	10.6
112	UGRYN Maciej	448	#WŁĄCZYŁTURBO	M2 30-39 lat	28	00:00:48	00:25:45	00:49:47	01:13:39.45	01:14:27.90	+00:22:19	5:39	10.6
113	SIEWRUK Katarzyna	442	WARSAW RUN CLUB	K3 40-49 lat	7	00:00:07	00:24:19	00:48:43	01:13:49.70	01:13:57.60	+00:22:30	5:40	10.6
114	DĄBROWSKI Daniel	92	TARCHOŚFIRY	M1 < 29 lat	9	00:01:22	00:26:16	00:50:33	01:13:55.05	01:15:17.15	+00:22:35	5:41	10.6
115	LENDZION Jarosław	218	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	48	00:01:04	00:25:28	00:50:03	01:13:55.90	01:14:59.95	+00:22:36	5:41	10.6
116	KORKOSZ Andrzej	192		M3 40-49 lat	49	00:00:10	00:24:17	00:49:28	01:14:02.05	01:14:12.75	+00:22:42	5:41	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
117	RUDNIK Jarosław	314		M3 40-49 lat	50	00:00:19	00:24:45	00:49:07	01:14:02.25	01:14:22.05	+00:22:42	5:41	10.5
118	SOSZYŃSKI Piotr	342	INDOORY URSUS	M3 40-49 lat	51	00:00:10	00:24:28	00:49:34	01:14:16.85	01:14:26.95	+00:22:57	5:42	10.5
119	MIĄSKO Wojciech	239	12TRI.PL	M4 50-59	12	00:01:41	00:25:55	00:50:24	01:14:16.95	01:15:58.10	+00:22:57	5:42	10.5
120	NAPIONTEK Maria	262		K2 30-39 lat	7	00:00:08	00:24:48	00:49:44	01:14:33.45	01:14:42.30	+00:23:13	5:44	10.5
121	TYM Joanna	381		K3 40-49 lat	8	00:00:12	00:25:20	00:50:03	01:14:39.60	01:14:52.00	+00:23:19	5:44	10.4
122	MAJ Kamila	228		K2 30-39 lat	8	00:00:05	00:24:02	00:48:59	01:14:51.35	01:14:57.20	+00:23:31	5:45	10.4
123	KUCHTA Pawel	208		M3 40-49 lat	52	00:00:37	00:25:42	00:50:01	01:14:52.00	01:15:29.00	+00:23:32	5:45	10.4
124	ŻURANIEWSKA Agnieszka	429	TEAM PARSZCZYŃSKICH	K3 40-49 lat	9	00:00:41	00:25:10	00:49:48	01:15:00.80	01:15:41.90	+00:23:41	5:46	10.4
125	DROŹDZIEL Mariusz	98		M3 40-49 lat	53	00:00:25	00:25:01	00:50:01	01:15:09.95	01:15:35.55	+00:23:50	5:46	10.4
126	BOGUCKI Michał	48		M2 30-39 lat	29	00:01:16	00:25:11	00:50:08	01:15:34.20	01:16:50.50	+00:24:14	5:48	10.3
127	OLSZANKA Arkadiusz	277		M3 40-49 lat	54	00:01:11	00:25:24	00:50:43	01:15:39.90	01:16:51.65	+00:24:20	5:49	10.3
128	GUMUŁA Jakub	147	KSZO OSTROWIEC	M2 30-39 lat	30	00:01:03	00:25:42	00:50:58	01:15:48.70	01:16:52.50	+00:24:29	5:49	10.3
129	SIEDLECKI Łukasz	328	BIEGANIEPO40.PL	M2 30-39 lat	31	00:01:05	00:27:57	00:52:02	01:16:04.00	01:17:09.60	+00:24:44	5:51	10.3
130	MIKINA Artur	246	PWPW SA	M5 60+	5	00:00:12	00:25:34	00:50:53	01:16:06.50	01:16:19.00	+00:24:46	5:51	10.2
131	GAJEWSKI Mariusz	119		M3 40-49 lat	55	00:00:51	00:25:39	00:51:17	01:16:24.65	01:17:16.25	+00:25:04	5:52	10.2
132	KOĆ Marcin	184	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:42	00:26:03	00:51:13	01:16:25.15	01:17:07.20	+00:25:05	5:52	10.2
133	TROJANOWSKI Rafał	378	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	32	00:00:29	00:25:37	00:51:35	01:16:31.85	01:17:01.35	+00:25:12	5:53	10.2
134	KĄDZIOŁKA Beata	177		K2 30-39 lat	9	00:00:09	00:24:44	00:50:08	01:16:32.70	01:16:42.20	+00:25:13	5:53	10.2
135	TRACZYK Przemysław	470	ASFALTLOVE DZIKI	M2 30-39 lat	33	00:00:07	00:25:03	00:50:59	01:16:41.40	01:16:48.45	+00:25:21	5:53	10.2
136	SŁOMCZYŃSKA Karolina	337		K1 < 29 lat	3	00:00:58	00:25:51	00:51:13	01:16:55.10	01:17:53.65	+00:25:35	5:55	10.1
137	ZAMBROWSKI Sławomir	409		M3 40-49 lat	57	00:01:15	00:27:19	00:52:02	01:16:55.30	01:18:10.70	+00:25:35	5:55	10.1
138	BIERNAT Dawid	42		M1 < 29 lat	10	00:00:54	00:25:09	00:51:07	01:16:55.75	01:17:50.35	+00:25:36	5:55	10.1
139	BARTOSZUK Sławomir	32		M4 50-59	13	00:01:10	00:26:12	00:51:22	01:17:00.65	01:18:11.60	+00:25:40	5:55	10.1
140	GAWLIK Arkadiusz	123	BIEGAM NA TARCHOMINIE	M3 40-49 lat	58	00:00:35	00:25:42	00:51:31	01:17:04.20	01:17:39.40	+00:25:44	5:55	10.1
141	TOMCZUK-KUZKA Katarzyna	460		K3 40-49 lat	10	00:01:27	00:25:52	00:51:02	01:17:05.10	01:18:32.70	+00:25:45	5:55	10.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
142	GRZECHNIK Renata	144	MKB DREPTAK	K3 40-49 lat	11	00:01:12	00:26:10	00:51:40	01:17:07.05	01:18:19.05	+00:25:47	5:55	10.1
143	WILEŃSKI Zbigniew	392	GRUPA BIEGOWA UM W-WA	M4 50-59	14	00:00:49	00:26:04	00:51:23	01:17:10.45	01:18:00.40	+00:25:50	5:56	10.1
143	FIRYSIUK Tomasz	114		M3 40-49 lat	59	00:00:22	00:26:02	00:51:46	01:17:10.45	01:17:33.40	+00:25:50	5:56	10.1
145	ŚWIERCZ Iwona	368	BYLEDOBIEC ANIN	K4 50-59 lat	1	00:00:11	00:25:41	00:51:39	01:17:14.00	01:17:25.90	+00:25:54	5:56	10.1
146	OLBRYŚ Stanisław Adam	275	KB LEGIONOWO	M4 50-59	15	00:00:04	00:24:33	00:51:25	01:17:18.25	01:17:22.70	+00:25:58	5:56	10.1
147	FRAŃKIEWICZ Dariusz	116	BIEGAM NA TARCHOMINIE	M3 40-49 lat	60	00:00:35	00:24:59	00:50:34	01:17:19.25	01:17:54.85	+00:25:59	5:56	10.1
148	GRZEJZIAK Igor	145	NAPRZÓD MŁOCINY	M3 40-49 lat	61	00:00:37	00:25:24	00:51:08	01:17:30.80	01:18:08.55	+00:26:11	5:57	10.1
149	PAZIEWSKI Andrzej	290	BIEGAM NA TARCHOMINIE	M3 40-49 lat	62	00:00:41	00:26:05	00:51:40	01:17:37.00	01:18:18.75	+00:26:17	5:58	10
150	WALECKA Wiktoria	443	BIEGAM NA TARCHOMINIE	K2 30-39 lat	10	00:00:45	00:25:31	00:51:26	01:17:40.25	01:18:25.55	+00:26:20	5:58	10
151	MIKA Anna	245		K1 < 29 lat	4	00:00:30	00:25:37	00:51:49	01:17:47.50	01:18:17.50	+00:26:27	5:59	10
152	RZYMOWSKA Krystyna	320	NEW BALANCE RUN CLUB	K4 50-59 lat	2	00:00:26	00:26:48	00:52:37	01:17:53.35	01:18:19.55	+00:26:33	5:59	10
153	KULIK Tomasz	212		M3 40-49 lat	63	00:01:21	00:27:47	00:52:51	01:17:56.15	01:19:18.00	+00:26:36	5:59	10
154	BINIEK Adam	44	MORSY ZIELONKA	M3 40-49 lat	64	00:01:18	00:27:56	00:52:58	01:17:56.95	01:19:15.20	+00:26:37	5:59	10
155	KOSMALA Dariusz	194		M4 50-59	16	00:00:22	00:26:12	00:52:09	01:17:59.15	01:18:22.00	+00:26:39	5:59	10
156	WINDLOCH Emilia	395	ZABIEGANY WOŁOMIN	K2 30-39 lat	11	00:01:09	00:27:52	00:53:02	01:18:00.90	01:19:10.75	+00:26:41	6:00	10
157	STASIAK Piotr	345		M2 30-39 lat	34	00:00:35	00:26:21	00:51:52	01:18:07.30	01:18:42.35	+00:26:47	6:00	10
158	NOGAL Robert	266	INDOORY URSUS	M3 40-49 lat	65	00:00:10	00:25:39	00:51:47	01:18:16.55	01:18:26.80	+00:26:56	6:01	10
159	KOSINSKI Olek	193		M2 30-39 lat	35	00:00:29	00:26:08	00:51:55	01:18:17.60	01:18:46.80	+00:26:57	6:01	10
160	SZYMAŃSKI Arkadiusz	365		M3 40-49 lat	66	00:01:23	00:29:53	00:54:35	01:18:18.00	01:19:41.20	+00:26:58	6:01	10
161	BORUSZEWSKI Maciej	51		M3 40-49 lat	67	00:00:08	00:26:09	00:52:05	01:18:22.05	01:18:30.85	+00:27:02	6:01	10
162	KOLASA Andrzej	187	KLUB J.SŁOWACKIEGO	M5 60+	6	00:00:02	00:25:49	00:51:44	01:18:24.90	01:18:27.70	+00:27:05	6:01	9.9
163	CELIŃSKI Tomasz	59	TUPTUŚ OTWOCK	M4 50-59	17	00:00:18	00:29:09	00:54:29	01:18:25.55	01:18:44.10	+00:27:05	6:01	9.9
164	KONIECKI Tomasz	189		M4 50-59	18	00:00:15	00:25:43	00:51:54	01:18:30.65	01:18:45.65	+00:27:10	6:02	9.9
165	WINIARCZYK Adrian	432		M2 30-39 lat	36	00:00:18	00:26:23	00:53:05	01:18:32.15	01:18:50.45	+00:27:12	6:02	9.9
166	WÓJCICKI Bartosz	406		M2 30-39 lat	37	00:00:16	00:25:55	00:51:54	01:18:33.75	01:18:49.80	+00:27:14	6:02	9.9
167	DYDERSKA Wioletta	101		K3 40-49 lat	12	00:00:19	00:25:51	00:52:00	01:18:35.05	01:18:54.15	+00:27:15	6:02	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
168	WYRWAS Tadeusz	408	PGB SPORTOWA PACZKA	M5 60+	7	00:00:22	00:27:07	00:53:19	01:18:44.15	01:19:06.65	+00:27:24	6:03	9.9
169	CIBORSKI Jakub	461		M3 40-49 lat	68	00:00:43	00:25:21	00:51:27	01:18:50.00	01:19:33.55	+00:27:30	6:03	9.9
170	KOPER Sebastian	190	CARREFOUR RUNNING TEAM	M3 40-49 lat	69	00:00:31	00:25:32	00:52:01	01:19:14.35	01:19:45.45	+00:27:54	6:05	9.8
171	IZDEBSKA Karolina	156	AKTYWNA WARSZAWA	K2 30-39 lat	12	00:00:32	00:26:16	00:52:23	01:19:18.25	01:19:50.65	+00:27:58	6:06	9.8
172	TYSZKO Piotr	382		M2 30-39 lat	38	00:00:44	00:26:10	00:52:25	01:19:24.85	01:20:09.30	+00:28:05	6:06	9.8
173	BUCHALSKA Ewa	54	EKOBIEGI	K4 50-59 lat	3	00:01:23	00:27:02	00:53:26	01:20:04.55	01:21:28.15	+00:28:44	6:09	9.7
174	POTRZEBOWSKI Dominik	293	MARKOWI BIEGACZE	M3 40-49 lat	70	00:00:16	00:25:33	00:52:12	01:20:06.15	01:20:22.20	+00:28:46	6:09	9.7
175	WOJDAK Anna	403		K3 40-49 lat	13	00:00:59	00:26:38	00:53:16	01:20:14.05	01:21:13.05	+00:28:54	6:10	9.7
176	STRÓŻYK Piotrek	351		M3 40-49 lat	71	00:01:18	00:29:52	00:55:16	01:20:20.90	01:21:39.75	+00:29:01	6:10	9.7
177	KRĘGIEL Sebastian	324		M3 40-49 lat	72	00:00:00	00:26:50	00:53:40	01:20:30.00	01:20:30.00	+00:29:10	6:11	9.7
178	SZPADZIK Jarosław	358	BIEGACZE MF	M2 30-39 lat	39	00:01:49	00:27:40	00:53:54	01:20:36.65	01:22:25.70	+00:29:16	6:12	9.7
179	WESOŁOWSKA Monika	388	ZABIEGANA	K2 30-39 lat	13	00:00:17	00:26:33	00:53:34	01:20:42.35	01:21:00.20	+00:29:22	6:12	9.7
180	BARTNIK Rafał	31	ZABIEGANY WOŁOMIN	M3 40-49 lat	73	00:01:08	00:27:23	00:53:40	01:20:55.25	01:22:04.00	+00:29:35	6:13	9.6
181	RADZIKOWSKI Franek	303		M4 50-59	19	00:00:24	00:25:35	00:51:20	01:21:16.90	01:21:41.80	+00:29:57	6:15	9.6
182	FILIPOWICZ Natalia	113		K1 < 29 lat	5	00:00:23	00:29:26	00:54:52	01:21:19.40	01:21:43.15	+00:29:59	6:15	9.6
183	GRYCNER Paweł	142	CTS	M2 30-39 lat	40	00:00:52	00:28:37	00:55:10	01:21:22.95	01:22:15.25	+00:30:03	6:15	9.6
184	GRAD Tomasz	139	MARKOWI BIEGACZE	M3 40-49 lat	74	00:00:31	00:27:28	00:54:14	01:21:25.30	01:21:57.10	+00:30:05	6:15	9.6
185	BAKUŁA Wiesław	22	WAMPIR	M4 50-59	20	00:00:42	00:26:35	00:53:17	01:21:30.10	01:22:12.30	+00:30:10	6:16	9.6
186	CHODNIEWICZ Michał	66		M2 30-39 lat	41	00:00:09	00:24:54	00:51:51	01:21:30.75	01:21:40.70	+00:30:11	6:16	9.6
187	KORDEK Dariusz	191		M4 50-59	21	00:00:44	00:27:51	00:54:51	01:21:38.65	01:22:23.30	+00:30:18	6:16	9.6
188	DALGIEWICZ Dariusz	434		M5 60+	8	00:00:47	00:28:40	00:55:37	01:21:41.45	01:22:28.55	+00:30:21	6:17	9.5
189	KAPUŚCIAREK Elżbieta	457		K3 40-49 lat	14	00:00:39	00:27:40	00:54:05	01:22:05.90	01:22:45.50	+00:30:46	6:18	9.5
190	... Rafał	477		M2 30-39 lat	42	00:01:16	00:29:51	00:55:51	01:22:06.55	01:23:23.40	+00:30:46	6:18	9.5
191	CHMIELOWIEC Anna	64		K3 40-49 lat	15	00:00:11	00:26:26	00:53:44	01:22:09.50	01:22:21.05	+00:30:49	6:19	9.5
192	GÓRAL Tadeusz	133	KKB	M4 50-59	22	00:00:22	00:28:21	00:56:00	01:22:11.50	01:22:33.65	+00:30:51	6:19	9.5
193	SUWALD Andrzej	353	JACEKBIEGA RUNNING TEAM	M5 60+	9	00:00:48	00:26:37	00:54:31	01:22:15.55	01:23:04.00	+00:30:55	6:19	9.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
194	FURMANIAK PAŃCZAK Joanna	117	TEAM PARSZCZYŃSKICH	K2 30-39 lat	14	00:00:47	00:28:18	00:55:14	01:22:17.75	01:23:05.10	+00:30:58	6:19	9.5
195	GUSZCZA Ewa	148	MARKOWI BIEGACZE	K3 40-49 lat	16	00:00:30	00:27:32	00:54:21	01:22:18.10	01:22:48.10	+00:30:58	6:19	9.5
196	DOMINIAK Zbigniew	96	BEZPRĄDOWY KLUB BIEGOWY	M3 40-49 lat	75	00:00:16	00:26:19	00:54:00	01:22:20.00	01:22:36.65	+00:31:00	6:20	9.5
197	ZUBELEWICZ-JERUZALSKA Anna	423		K2 30-39 lat	15	00:00:44	00:28:20	00:55:17	01:22:20.20	01:23:05.05	+00:31:00	6:20	9.5
198	DZIEWULSKI Tomasz	107	ZIELONKA BIEGA	M3 40-49 lat	76	00:00:20	00:26:28	00:53:36	01:22:22.60	01:22:43.35	+00:31:02	6:20	9.5
199	KAMIŃSKI Michał	471		M2 30-39 lat	43	00:01:35	00:32:04	00:57:46	01:22:35.75	01:24:10.80	+00:31:16	6:21	9.4
200	SKLEPOWICZ Jacek	333		M3 40-49 lat	77	00:00:37	00:29:27	00:56:20	01:22:36.50	01:23:13.80	+00:31:16	6:21	9.4
201	JÓZWIK Robert	166	HARX TEAM	M3 40-49 lat	78	00:00:22	00:27:21	00:55:01	01:22:38.05	01:23:00.65	+00:31:18	6:21	9.4
202	BURMISTROV Vadym	57		M1 < 29 lat	11	00:00:45	00:27:45	00:55:08	01:22:51.40	01:23:36.90	+00:31:31	6:22	9.4
203	CABAŃSKA Dorota	58		K3 40-49 lat	17	00:00:46	00:28:42	00:55:39	01:22:53.65	01:23:39.95	+00:31:33	6:22	9.4
204	BANASIAK Mirosław	25		M3 40-49 lat	79	00:00:56	00:27:51	00:55:28	01:23:04.00	01:24:00.70	+00:31:44	6:23	9.4
205	ADAMCZUK Agnieszka	14	MARKOWI BIEGACZE	K3 40-49 lat	18	00:00:29	00:27:59	00:55:51	01:23:04.10	01:23:33.80	+00:31:44	6:23	9.4
206	WALIGÓRSKI Krzysztof	386	MARKOWI BIEGACZE	M4 50-59	23	00:00:28	00:28:02	00:55:53	01:23:05.90	01:23:34.70	+00:31:46	6:23	9.4
207	SZCZERBICKI Rafał	355	WARSAW RUN CLUB	M3 40-49 lat	80	00:01:06	00:29:48	00:57:08	01:23:09.15	01:24:15.95	+00:31:49	6:23	9.4
208	TULA Renata	379	NEW BALANCE RUN CLUB	K5 60 +	1	00:00:07	00:27:32	00:55:26	01:23:12.65	01:23:20.05	+00:31:52	6:24	9.4
209	SOCHACKI Mariusz	340		M3 40-49 lat	81	00:00:15	00:26:34	00:54:23	01:23:18.20	01:23:34.15	+00:31:58	6:24	9.4
210	GRZESZCZYK Michał	146	EKOBIEGI	M3 40-49 lat	82	00:01:24	00:28:41	00:55:50	01:23:22.05	01:24:47.00	+00:32:02	6:24	9.4
211	MIKOŁAJCZYK Andrzej	247		M2 30-39 lat	44	00:01:17	00:30:06	00:57:22	01:23:23.05	01:24:40.75	+00:32:03	6:24	9.4
212	KARASIEWICZ Katarzyna	174		K4 50-59 lat	4	00:00:27	00:27:14	00:55:01	01:23:28.80	01:23:56.55	+00:32:09	6:25	9.3
213	BARG Karol	466		M2 30-39 lat	45	00:00:42	00:26:10	00:53:28	01:23:45.50	01:24:28.20	+00:32:25	6:26	9.3
214	WALESIUK Piotr	385		M3 40-49 lat	83	00:00:50	00:30:27	00:58:48	01:23:54.60	01:24:45.00	+00:32:34	6:27	9.3
215	STOLARSKA Paulina	349	WARSAW RUN CLUB	K2 30-39 lat	16	00:01:06	00:29:48	00:57:08	01:23:57.25	01:25:03.65	+00:32:37	6:27	9.3
216	ZDUŃSKI Jarosław	414	TAK SOBIE DREPCZĘ	M4 50-59	24	00:00:44	00:27:35	00:55:31	01:23:57.30	01:24:41.45	+00:32:37	6:27	9.3
217	ZRAZEK Piotr	422		M3 40-49 lat	84	00:00:45	00:27:44	00:55:00	01:24:00.60	01:24:46.30	+00:32:40	6:27	9.3
218	MIŁOSZ Marek	250		M4 50-59	25	00:00:15	00:26:21	00:54:15	01:24:04.55	01:24:19.80	+00:32:44	6:28	9.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
219	FIEJTEK Piotr	110		M2 30-39 lat	46	00:01:14	00:28:42	00:55:41	01:24:30.45	01:25:45.00	+00:33:10	6:30	9.2
220	DERESZEWSKI Piotr	94	ZABIEGANY WOŁOMIN	M3 40-49 lat	85	00:01:09	00:29:56	00:56:34	01:24:36.10	01:25:45.85	+00:33:16	6:30	9.2
221	STANISZEWSKI Rafał	344	TURBODZIKI	M3 40-49 lat	86	00:01:22	00:30:18	00:58:24	01:24:59.30	01:26:21.90	+00:33:39	6:32	9.2
222	KOLCZYŃSKI Michał	437	TRUCHTACZ	M5 60+	10	00:00:29	00:27:00	00:55:22	01:25:11.15	01:25:40.95	+00:33:51	6:33	9.2
223	BARANOWSKI Łukasz	28		M2 30-39 lat	47	00:00:39	00:28:05	00:56:35	01:25:15.70	01:25:54.75	+00:33:56	6:33	9.1
224	NOWAKOWSKI Piotr	499		M1 < 29 lat	12	00:00:25	00:26:50	00:55:15	01:25:16.25	01:25:42.15	+00:33:56	6:33	9.1
225	JABŁONKA Radosław	157	DZIADY OCR	M3 40-49 lat	87	00:00:39	00:28:05	00:56:35	01:25:17.30	01:25:56.60	+00:33:57	6:33	9.1
226	GARBACZEWSKI Zbigniew	122		M3 40-49 lat	88	00:00:50	00:28:22	00:56:22	01:25:32.30	01:26:22.60	+00:34:12	6:34	9.1
227	ANIOŁKOWSKI Krzysztof	15	AKTYWNA WARSZAWA	M2 30-39 lat	48	00:01:01	00:29:11	00:56:34	01:25:52.40	01:26:53.70	+00:34:32	6:36	9.1
228	MAJ Magdalena	449		K2 30-39 lat	17	00:01:05	00:29:59	00:58:34	01:26:03.70	01:27:09.30	+00:34:44	6:37	9.1
229	ROZUM Janusz	312	-	M5 60+	11	00:01:02	00:28:40	00:56:52	01:26:10.00	01:27:12.05	+00:34:50	6:37	9.1
230	NOSARZEWSKI Mariusz	267	GB PRESS TEAM	M3 40-49 lat	89	00:00:55	00:28:34	00:56:55	01:26:13.50	01:27:08.70	+00:34:53	6:37	9
231	OWOC Tomasz	285	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M4 50-59	26	00:00:33	00:27:14	00:55:31	01:26:13.75	01:26:47.30	+00:34:54	6:37	9
232	SIWEK Ewa	330	TUPTUŚ OTWOCK	K3 40-49 lat	19	00:00:19	00:29:09	00:58:08	01:26:16.35	01:26:35.55	+00:34:56	6:38	9
233	CYBULSKI Grzegorz	78	NAJWIĘKSZA ARMIA ŚWIATA	M3 40-49 lat	90	00:01:00	00:29:43	00:58:03	01:26:17.45	01:27:18.15	+00:34:57	6:38	9
234	MYŚLIŃSKA Anna	75	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	20	00:00:37	00:29:04	00:57:06	01:26:18.50	01:26:55.50	+00:34:58	6:38	9
235	PAWEŁEK Krzysztof	287	MARKOWI BIEGACZE	M3 40-49 lat	91	00:00:32	00:29:13	00:57:33	01:26:53.45	01:27:26.30	+00:35:33	6:41	9
236	NADOBNIK Konrad	261	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	92	00:01:15	00:31:22	00:59:30	01:27:13.25	01:28:28.90	+00:35:53	6:42	8.9
237	RODAK Zbigniew	309		M4 50-59	27	00:01:31	00:32:34	01:00:24	01:27:19.95	01:28:51.20	+00:36:00	6:43	8.9
238	WŁODARCZYK Anna	402	ADIDAS RUNNERS WARSAW	K3 40-49 lat	21	00:00:54	00:29:40	00:58:25	01:27:24.45	01:28:18.70	+00:36:04	6:43	8.9
239	GRUZD Anna	141	TRIATHLON TARCHOMIN TEAM	K3 40-49 lat	22	00:00:47	00:29:49	00:58:40	01:27:53.20	01:28:40.20	+00:36:33	6:45	8.9
240	JĘDRASZCZYK Maciej	164		M3 40-49 lat	93	00:00:53	00:30:24	00:58:40	01:27:55.75	01:28:48.80	+00:36:36	6:45	8.9
241	MICHALSKI Maciej	439	ALBERCIK TEAM	M3 40-49 lat	94	00:01:27	00:31:59	00:59:36	01:28:02.65	01:29:30.00	+00:36:42	6:46	8.9
242	KĘDZIOREK Ela	179		K2 30-39 lat	18	00:01:15	00:31:40	01:00:10	01:28:18.40	01:29:34.35	+00:36:58	6:47	8.8
243	JARMUŻEWSKI Adam	161	TIA	M3 40-49 lat	95	00:01:31	00:32:35	01:00:37	01:28:24.70	01:29:56.45	+00:37:05	6:48	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
244	BARNAS Ilona	29	PRETTYFITTYTEAM	K2 30-39 lat	19	00:00:56	00:31:46	01:00:43	01:28:28.20	01:29:24.90	+00:37:08	6:48	8.8
245	WIŚNIEWSKI Tomasz	400		M4 50-59	28	00:01:26	00:32:17	01:00:55	01:28:28.25	01:29:54.35	+00:37:08	6:48	8.8
246	KOWALIK Tomasz	199		M3 40-49 lat	96	00:00:08	00:27:52	00:57:48	01:28:44.15	01:28:52.30	+00:37:24	6:49	8.8
247	OSIŃSKI Stanisław	281		M5 60+	12	00:00:41	00:30:22	00:59:11	01:28:50.75	01:29:31.85	+00:37:31	6:50	8.8
248	RZEPNIEWSKA Joanna	319	MARKOWI BIEGACZE	K3 40-49 lat	23	00:00:15	00:28:36	00:58:23	01:29:01.10	01:29:16.55	+00:37:41	6:50	8.8
249	JAROŃ Jarosław	162	RUN DE GIRARD	M3 40-49 lat	97	00:00:26	00:29:46	00:58:25	01:29:02.25	01:29:28.85	+00:37:42	6:50	8.8
250	MYSŁOWSKI Mieczysław	475		M4 50-59	29	00:01:10	00:29:46	00:59:46	01:29:24.05	01:30:34.70	+00:38:04	6:52	8.7
251	PŁATEK Emil	292	ALIOR RUNNING TEAM	M2 30-39 lat	49	00:01:36	00:32:32	01:01:04	01:29:43.05	01:31:19.20	+00:38:23	6:54	8.7
252	NOWAKOWSKI Czesław	268	DUCLA ACADEMY WARSZAWA	M5 60+	13	00:00:32	00:29:59	00:59:46	01:29:49.00	01:30:21.55	+00:38:29	6:54	8.7
253	MUSIAŁ Marcin	259		M2 30-39 lat	50	00:00:51	00:30:37	00:59:48	01:30:05.40	01:30:57.30	+00:38:45	6:55	8.7
254	KOSTRZEWSKI Piotr	195	KPLA PIOTR KOSTRZEWSKI	M4 50-59	30	00:00:50	00:30:24	00:59:00	01:30:08.85	01:30:59.55	+00:38:49	6:56	8.7
255	WITKOWSKI Piotr	401	VEGE RUNNERS	M2 30-39 lat	51	00:01:13	00:32:07	01:01:41	01:30:11.05	01:31:24.55	+00:38:51	6:56	8.6
256	SKELTON Sarah	332	VEGE RUNNERS	K2 30-39 lat	20	00:01:12	00:32:08	01:01:41	01:30:11.10	01:31:23.90	+00:38:51	6:56	8.6
257	FLORCZUK Agnieszka	115	EKOBIEGI	K4 50-59 lat	5	00:00:59	00:31:43	01:00:38	01:30:29.15	01:31:28.45	+00:39:09	6:57	8.6
258	WOJDAK Piotr	404	STOMILEX	M4 50-59	31	00:00:57	00:32:04	01:00:49	01:30:33.30	01:31:31.25	+00:39:13	6:57	8.6
259	GONET Katarzyna	132		K3 40-49 lat	24	00:01:16	00:30:34	01:00:12	01:30:34.35	01:31:50.80	+00:39:14	6:58	8.6
260	CZAJKA Justyna	82		K3 40-49 lat	25	00:00:53	00:30:35	01:00:06	01:30:48.05	01:31:41.10	+00:39:28	6:59	8.6
261	SZYBOWSKA-SZYMCZAK Joanna	363	SW - AŚ GRÓJEC	K2 30-39 lat	21	00:00:20	00:29:22	00:59:57	01:30:49.85	01:31:09.85	+00:39:30	6:59	8.6
262	KACZOROWSKI Robert	170		M4 50-59	32	00:01:09	00:30:11	00:59:43	01:30:51.60	01:32:01.30	+00:39:31	6:59	8.6
263	WOLFF Tomasz	405	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	52	00:01:02	00:31:51	01:00:05	01:30:55.60	01:31:58.00	+00:39:35	6:59	8.6
264	BORAWSKA Emilia	458	BEMOWO BIEGA	K2 30-39 lat	22	00:01:09	00:33:11	01:02:17	01:30:58.30	01:32:07.30	+00:39:38	6:59	8.6
265	HRYCIUK Katarzyna	155	EKOBIEGI	K3 40-49 lat	26	00:01:24	00:33:05	01:01:57	01:31:01.70	01:32:26.30	+00:39:42	7:00	8.6
266	ZAKRZEWSKI Marek	485		M4 50-59	33	00:01:25	00:33:03	01:02:02	01:31:02.15	01:32:27.35	+00:39:42	7:00	8.6
267	CZAJKOWSKI Rafał	83	EKOBIEGI	M3 40-49 lat	98	00:01:24	00:33:04	01:01:57	01:31:02.35	01:32:26.45	+00:39:42	7:00	8.6
268	KOŁOMAŃSKI Marek	188		M3 40-49 lat	99	00:01:24	00:33:05	01:01:57	01:31:02.65	01:32:27.00	+00:39:42	7:00	8.6
269	MATUSIK Karolina	494		K1 < 29 lat	6	00:00:41	00:31:09	01:01:08	01:31:06.70	01:31:48.10	+00:39:47	7:00	8.6
270	ROSZAK Waldemar	10	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	34	00:01:28	00:34:35	01:03:27	01:31:23.25	01:32:51.50	+00:40:03	7:01	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
271	MATUSZEWSKI Robert	232		M3 40-49 lat	100	00:01:17	00:32:28	01:01:47	01:31:25.55	01:32:43.05	+00:40:05	7:01	8.5
272	GŁÓWCZYŃSKA Małgorzata	131	MARKOWI BIEGACZE	K3 40-49 lat	27	00:00:29	00:31:03	01:00:54	01:31:29.30	01:31:58.80	+00:40:09	7:02	8.5
273	JARMUŻEWSKA Teresa	160	TIA	K4 50-59 lat	6	00:01:32	00:32:42	01:01:52	01:31:29.55	01:33:01.75	+00:40:09	7:02	8.5
274	OSYPOWICZ Dominik	284		M1 < 29 lat	13	00:01:13	00:32:28	01:02:12	01:31:51.90	01:33:04.90	+00:40:32	7:03	8.5
275	SIEDLACZEK Zbigniew	327		M5 60+	14	00:00:08	00:28:59	01:00:31	01:31:54.00	01:32:02.90	+00:40:34	7:04	8.5
276	BIAŁOKOS Kamil	40		M3 40-49 lat	101	00:01:07	00:32:50	01:02:16	01:32:02.15	01:33:09.85	+00:40:42	7:04	8.5
277	JANKOWSKA Wiola	159		K3 40-49 lat	28	00:01:35	00:33:24	01:04:06	01:32:18.95	01:33:54.85	+00:40:59	7:06	8.5
278	SZULC Kasia	361		K3 40-49 lat	29	00:00:27	00:29:44	01:00:57	01:32:34.05	01:33:02.00	+00:41:14	7:07	8.4
279	SKOWROŃSKI Wojciech	335		M4 50-59	35	00:01:02	00:32:11	01:02:15	01:32:36.05	01:33:38.75	+00:41:16	7:07	8.4
280	GROCHOWSKI Marcin	331		M3 40-49 lat	102	00:00:19	00:29:54	01:00:58	01:32:40.65	01:33:00.50	+00:41:20	7:07	8.4
281	BASIŃSKI Paweł	76		M3 40-49 lat	103	00:00:43	00:30:35	01:00:15	01:32:40.80	01:33:24.40	+00:41:21	7:07	8.4
282	KACZMAREK Katarzyna	169	MARKOWI BIEGACZE	K2 30-39 lat	23	00:01:16	00:30:39	01:01:22	01:32:49.10	01:34:05.15	+00:41:29	7:08	8.4
283	CZARTORYSKA Anna	84		K3 40-49 lat	30	00:01:08	00:32:49	01:02:16	01:32:51.50	01:34:00.15	+00:41:31	7:08	8.4
284	CZARTORYSKI Krystian	85		M3 40-49 lat	104	00:01:05	00:32:52	01:01:57	01:32:54.75	01:34:00.60	+00:41:35	7:08	8.4
285	MYŚLIŃSKI Robert	67	RUBIN RUN	M4 50-59	36	00:00:24	00:31:13	01:01:43	01:33:07.50	01:33:32.40	+00:41:47	7:09	8.4
286	CZERWIEC Małgorzata	88		K2 30-39 lat	24	00:01:45	00:33:18	01:03:23	01:33:29.15	01:35:14.35	+00:42:09	7:11	8.3
287	SROCZYŃSKA Justyna	343	OSTRESROKI	K3 40-49 lat	31	00:00:17	00:30:35	01:02:07	01:33:33.20	01:33:50.30	+00:42:13	7:11	8.3
288	OKSIENIUK Marcin	274	TURBODZIKI	M2 30-39 lat	53	00:01:23	00:29:44	01:00:24	01:33:33.70	01:34:56.70	+00:42:14	7:11	8.3
289	OSTAPIŃSKA Magda	282		K3 40-49 lat	32	00:00:16	00:30:36	01:02:07	01:33:34.10	01:33:50.75	+00:42:14	7:11	8.3
290	RUSIN Michał	317		M1 < 29 lat	14	00:01:14	00:32:55	01:04:03	01:33:46.30	01:35:00.30	+00:42:26	7:12	8.3
291	BUCZEK Piotr	55		M3 40-49 lat	105	00:00:21	00:32:28	01:02:37	01:33:56.40	01:34:17.95	+00:42:36	7:13	8.3
292	SZCZECHOWICZ Marta	478		K3 40-49 lat	33	00:00:56	00:31:53	01:01:52	01:34:05.15	01:35:01.85	+00:42:45	7:14	8.3
293	KUNKA Piotr	213	TEAM ZABIEGANEDNI	M2 30-39 lat	54	00:01:36	00:33:23	01:04:11	01:34:22.75	01:35:59.40	+00:43:03	7:15	8.3
294	ŁUCZAK Piotr	225	PKO BANK POLSKI	M3 40-49 lat	106	00:00:39	00:30:32	01:02:12	01:34:36.65	01:35:16.55	+00:43:16	7:16	8.2
295	ŁUCZAK Małgorzata	224	RUNNERSI ZE SKARBKA	K3 40-49 lat	34	00:00:38	00:30:41	01:02:19	01:34:38.05	01:35:16.55	+00:43:18	7:16	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
296	KOFALSKI Jakub	497		M2 30-39 lat	55	00:01:04	00:30:59	01:03:03	01:34:43.50	01:35:47.55	+00:43:23	7:17	8.2
297	BERDYCHOWSKI Zygmunt	481		M5 60+	15	00:01:29	00:31:47	01:03:01	01:35:09.10	01:36:38.70	+00:43:49	7:19	8.2
298	MOĆKO Anita	255	MARKOWI BIEGACZE	K3 40-49 lat	35	00:00:24	00:31:17	01:03:06	01:35:26.75	01:35:51.35	+00:44:07	7:20	8.2
299	MIĄSKO Renata	238	12TRI.PL	K4 50-59 lat	7	00:00:52	00:30:29	01:01:59	01:35:29.35	01:36:21.35	+00:44:09	7:20	8.2
300	RUSIN Bartosz	316		M3 40-49 lat	107	00:01:13	00:32:56	01:04:14	01:35:42.00	01:36:55.35	+00:44:22	7:21	8.2
301	KOCIK Elżbieta	6		K3 40-49 lat	36	00:01:28	00:33:09	01:03:36	01:35:43.40	01:37:12.35	+00:44:23	7:21	8.1
302	SMOCZYK Hubert	338	WARSZAWSKI ZAUŁEK	M2 30-39 lat	56	00:01:32	00:32:41	01:03:53	01:35:43.60	01:37:16.50	+00:44:23	7:21	8.1
303	SOŁDECKA Anna	341		K4 50-59 lat	8	00:01:42	00:33:11	01:04:30	01:35:47.65	01:37:30.40	+00:44:27	7:22	8.1
304	GALIŃSKA Magdalena	120	WARSZAWSKI ZAUŁEK	K2 30-39 lat	25	00:01:32	00:32:42	01:03:54	01:35:55.00	01:37:27.30	+00:44:35	7:22	8.1
305	PIKULSKI Marek	454	SW	M3 40-49 lat	108	00:00:20	00:30:53	01:03:25	01:36:15.45	01:36:36.40	+00:44:55	7:24	8.1
306	KRASUSKA Magdalena	445		K2 30-39 lat	26	00:01:04	00:32:44	01:04:20	01:36:18.45	01:37:23.40	+00:44:58	7:24	8.1
307	KOWALCZYK Ryszard	197	APOSTOŁOWIE TRX	M5 60+	16	00:01:08	00:33:21	01:04:38	01:36:22.05	01:37:30.05	+00:45:02	7:24	8.1
308	BERNAT Sebastian	38	STARE WILKI	M3 40-49 lat	109	00:01:35	00:33:29	01:04:29	01:36:45.50	01:38:20.50	+00:45:25	7:26	8.1
309	LEZNER Karolina	220		K2 30-39 lat	27	00:01:21	00:33:16	01:04:36	01:36:47.45	01:38:08.90	+00:45:27	7:26	8.1
310	ZIARKO Joanna	416		K3 40-49 lat	37	00:00:33	00:31:57	01:03:31	01:37:05.25	01:37:39.10	+00:45:45	7:28	8
311	KOCHMAN Iwona	183	VEGE RUNNERS	K4 50-59 lat	9	00:00:44	00:33:53	01:05:58	01:37:22.40	01:38:07.25	+00:46:02	7:29	8
312	LOZOWSKI Robert	221		M3 40-49 lat	110	00:01:41	00:32:41	01:04:26	01:37:47.55	01:39:29.05	+00:46:27	7:31	8
313	RUDNICKA Agata	313		K4 50-59 lat	10	00:01:00	00:33:16	01:05:07	01:37:48.40	01:38:49.05	+00:46:28	7:31	8
314	HABIERA Robert	149		M4 50-59	37	00:00:59	00:33:13	01:05:09	01:37:49.10	01:38:49.05	+00:46:29	7:31	8
315	WINIARSKA Iza	77	OBROŃCÓW TOBRUKU 40 , 01-494 WARSZAWA	K3 40-49 lat	38	00:00:14	00:31:25	01:04:50	01:39:01.75	01:39:16.45	+00:47:42	7:37	7.9
316	BAK Andrzej	35		M4 50-59	38	00:00:55	00:33:01	01:08:34	01:39:08.35	01:40:03.40	+00:47:48	7:37	7.9
317	DZIERŻANOWSKA Kinga	106		K2 30-39 lat	28	00:00:40	00:33:14	01:05:22	01:39:10.75	01:39:50.85	+00:47:51	7:37	7.9
318	PRZYBYŁA Karol	298	MASADA	M2 30-39 lat	57	00:00:40	00:33:14	01:05:22	01:39:11.10	01:39:51.80	+00:47:51	7:37	7.9
319	PRZETAKIEWICZ Magdalena	297		K3 40-49 lat	39	00:01:20	00:33:47	01:06:06	01:39:19.75	01:40:40.60	+00:48:00	7:38	7.9
320	TYBURC Paweł	19	ACHILLES BIAŁOŁĘKA	M3 40-49 lat	111	00:00:12	00:31:03	01:03:43	01:39:20.90	01:39:33.70	+00:48:01	7:38	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
321	MIERZEJEWSKA-JASIŃSKA Martyna	244	BIEGAM NA TARCHOMINIE	K2 30-39 lat	29	00:01:01	00:34:40	01:06:34	01:39:28.95	01:40:30.30	+00:48:09	7:39	7.8
322	GÓRZYŃSKI Janusz	138	BESTIE OCR LEGIONOWO	M3 40-49 lat	112	00:01:33	00:32:22	01:03:41	01:39:36.30	01:41:09.75	+00:48:16	7:39	7.8
323	MUCHA Grzegorz	258		M5 60+	17	00:01:03	00:33:57	01:06:37	01:39:41.35	01:40:44.90	+00:48:21	7:40	7.8
324	BUKOWSKI Janusz	100	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	18	00:00:04	00:33:29	01:06:18	01:39:53.55	01:39:58.30	+00:48:33	7:41	7.8
325	PRĘGOWSKI Grzegorz	294	EKOBIEGI	M4 50-59	39	00:01:27	00:32:51	01:05:27	01:40:26.80	01:41:53.85	+00:49:07	7:43	7.8
326	CHOJNOWSKA Marta	68		K2 30-39 lat	30	00:01:18	00:33:54	01:06:32	01:40:31.55	01:41:49.65	+00:49:11	7:43	7.8
327	ZYGADŁO Piotr	427		M2 30-39 lat	58	00:01:05	00:36:08	01:08:16	01:40:32.40	01:41:37.40	+00:49:12	7:44	7.8
328	MAREK Roman	230		M4 50-59	40	00:00:54	00:33:02	01:08:25	01:40:45.95	01:41:40.50	+00:49:26	7:45	7.7
329	TORZEWSKA Agnieszka	376		K3 40-49 lat	40	00:00:50	00:33:09	01:05:19	01:40:49.05	01:41:40.00	+00:49:29	7:45	7.7
330	JANKOWSKI Tomasz	496		M3 40-49 lat	113	00:01:36	00:34:30	01:07:07	01:40:58.40	01:42:35.15	+00:49:38	7:46	7.7
331	MONIKA Lewandowska	256		K3 40-49 lat	41	00:00:38	00:33:40	01:06:38	01:41:14.15	01:41:52.85	+00:49:54	7:47	7.7
332	WIŚNIEWSKA-DUDA Anna	397		K2 30-39 lat	31	00:00:13	00:34:49	01:07:20	01:41:31.80	01:41:45.30	+00:50:12	7:48	7.7
333	KOZŁOWSKA-KAWYCZ Karolina	201	ROZBIEGANE MICHAŁOWICE	K3 40-49 lat	42	00:01:19	00:33:44	01:07:36	01:41:42.50	01:43:01.50	+00:50:22	7:49	7.7
334	ZATYLNA Joanna	410		K2 30-39 lat	32	00:01:30	00:33:01	01:05:29	01:42:14.65	01:43:45.00	+00:50:54	7:51	7.6
335	ZATYLNÝ Tomasz	411		M3 40-49 lat	114	00:01:30	00:33:02	01:05:30	01:42:14.80	01:43:45.00	+00:50:55	7:51	7.6
336	SZOSTAKOWSKI Jarosław	1	BIEGAMY Z OCHOTĄ	M4 50-59	41	00:01:29	00:35:38	01:08:24	01:43:06.05	01:44:35.60	+00:51:46	7:55	7.6
337	GROCHOWSKA Joanna	444	BIEGAMY Z OCHOTĄ	K4 50-59 lat	11	00:01:29	00:35:38	01:08:24	01:43:06.20	01:44:35.45	+00:51:46	7:55	7.6
338	ZBIŃKOWSKA Dorota	412		K3 40-49 lat	43	00:00:51	00:33:08	01:07:29	01:43:06.25	01:43:57.35	+00:51:46	7:55	7.6
339	MNISZKO Urszula	254	MARKOWI BIEGACZE	K3 40-49 lat	44	00:00:32	00:33:20	01:07:13	01:43:27.55	01:44:00.30	+00:52:07	7:57	7.5
340	BALCERZAK-JAŁTUSZEWSKA Katarzyna	479	MARKOWI BIEGACZE	K3 40-49 lat	45	00:00:30	00:33:22	01:07:15	01:43:29.10	01:43:59.50	+00:52:09	7:57	7.5
341	WINDER Agnieszka	394		K3 40-49 lat	46	00:01:07	00:34:00	01:07:38	01:43:56.45	01:45:03.55	+00:52:36	7:59	7.5
342	LESZCZYŃSKA Marlena	219		K2 30-39 lat	33	00:01:25	00:33:53	01:08:49	01:44:46.35	01:46:11.95	+00:53:26	8:03	7.4
343	ROJEK Stanisław	310		M4 50-59	42	00:01:24	00:33:54	01:08:50	01:44:47.10	01:46:11.95	+00:53:27	8:03	7.4
344	NOWAK Jakub	71	DOBRYŃSKI KLUB ŻEGLARSKI	M4 50-59	43	00:00:40	00:33:11	01:09:24	01:45:30.65	01:46:11.30	+00:54:10	8:06	7.4
345	STEFAŃSKA Joanna	346		K3 40-49 lat	47	00:00:27	00:34:34	01:09:12	01:46:37.35	01:47:04.55	+00:55:17	8:12	7.3
346	ŁĄCKA Ilona	12	BIAŁOŁĘKA JEST KOBIECĄ	K4 50-59 lat	12	00:01:26	00:34:44	01:10:05	01:46:58.40	01:48:24.80	+00:55:38	8:13	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
347	STĘPIŃSKA Anna	348		K1 < 29 lat	7	00:00:53	00:35:34	01:10:39	01:46:59.85	01:47:53.80	+00:55:40	8:13	7.3
348	GÓRECKA Anna	136		K3 40-49 lat	48	00:00:17	00:34:48	01:10:50	01:47:26.80	01:47:44.35	+00:56:07	8:15	7.3
349	LACH Marcin	216		M3 40-49 lat	115	00:01:30	00:34:55	01:10:29	01:48:01.00	01:49:31.15	+00:56:41	8:18	7.2
350	WIŚNIEWSKA Katarzyna	398	INDYWIDUALISTKA	K4 50-59 lat	13	00:00:57	00:35:09	01:11:32	01:49:04.90	01:50:02.40	+00:57:45	8:23	7.2
351	BAK Hubert	34		M2 30-39 lat	59	00:00:55	00:33:00	01:08:32	01:50:39.80	01:51:35.40	+00:59:20	8:30	7
352	ŁUKASIEWICZ Robert	226	KOKOSZKA36TEAM	M3 40-49 lat	116	00:00:53	00:34:02	01:11:31	01:50:41.90	01:51:35.10	+00:59:22	8:30	7
353	CIEŚLAK Paweł	73	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	44	00:01:45	00:36:08	01:11:07	01:51:02.05	01:52:47.85	+00:59:42	8:32	7
354	MIKOŚ Roman	249		M4 50-59	45	00:01:39	00:35:44	01:13:16	01:51:12.20	01:52:51.70	+00:59:52	8:33	7
355	MIKOŚ Teresa	248		K4 50-59 lat	14	00:01:38	00:35:47	01:13:22	01:51:12.25	01:52:51.05	+00:59:52	8:33	7
356	TOMASZEWSKA Mariola	374		K4 50-59 lat	15	00:00:35	00:37:12	01:17:30	01:51:40.35	01:52:15.65	+01:00:20	8:35	7
357	ŁOZOWSKA Dorota	223		K3 40-49 lat	49	00:01:46	00:35:44	01:13:16	01:51:51.20	01:53:38.10	+01:00:31	8:36	7
358	SIMIŃSKA Marta	81		K3 40-49 lat	50	00:00:38	00:35:53	01:12:36	01:52:15.05	01:52:53.25	+01:00:55	8:38	6.9
359	KOZŁOWSKI Witold	202		M3 40-49 lat	117	00:01:21	00:35:24	01:17:41	01:52:25.20	01:53:46.65	+01:01:05	8:38	6.9
360	METELSKA Magdalena	235		K3 40-49 lat	51	00:00:21	00:34:06	01:11:08	01:54:21.25	01:54:42.50	+01:03:01	8:47	6.8
361	REMBERK Danuta	308		K5 60 +	2	00:01:43	00:38:16	01:16:51	01:56:23.40	01:58:07.30	+01:05:03	8:57	6.7
362	KOLASA Barbara	186	KLUB J.SŁOWACKIEGO	K5 60 +	3	00:00:07	00:38:53	01:18:49	01:57:38.70	01:57:46.60	+01:06:19	9:02	6.6
Przekroczony limit czasu: 02:00:00													
363	KAWKA Andrzej	176		M5 60+	19	00:01:39	00:38:07	01:18:28	02:02:32.15	02:04:12.10	+01:11:12	9:25	6.4
364	CISZEWSKI Krzysztof	74		M3 40-49 lat	118	00:00:16	00:22:44	00:44:43			+00:10:29	5:08	11.7
365	CYRUK Tomasz	79		M3 40-49 lat	119	00:00:50	00:30:27	00:58:48			+00:24:34	6:45	8.9
366	DUCH Emil	99		M2 30-39 lat	60	00:00:42	00:30:06	01:00:19			+00:26:05	6:55	8.7
367	ROMANOWSKA Ewa	311		K2 30-39 lat	34	00:00:41	00:30:07	01:00:20			+00:26:06	6:56	8.7
368	OKRÓJ Dawid	273		M2 30-39 lat	61	00:00:34	00:29:41	01:00:21			+00:26:07	6:56	8.6
369	GAWRON Adrian	124		M1 < 29 lat	15	00:00:27	00:30:25	01:00:57			+00:26:43	7:00	8.6
370	RUPIK Piotr	315		M3 40-49 lat	120	00:00:26	00:31:23	01:02:33			+00:28:19	7:11	8.3
371	ZWOLIŃSKI Grzegorz	425		M3 40-49 lat	121	00:00:05	00:29:52	01:03:03			+00:28:49	7:14	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
372	MĘDEL Cezary	237		M3 40-49 lat	122	00:00:49	00:32:46	01:03:54			+00:29:40	7:20	8.2
373	MĘDEL Marta	236		K3 40-49 lat	52	00:00:48	00:32:46	01:03:56			+00:29:42	7:20	8.2
374	KUJAWSKA Joanna	211	BIEGAM NA TARCHOMINIE	K3 40-49 lat	53	00:01:11	00:33:28	01:06:07			+00:31:53	7:35	7.9
375	OPOŃSKA Emilia	278	BIEGAM NA TARCHOMINIE	K2 30-39 lat	35	00:00:59	00:32:31	01:06:15			+00:32:01	7:36	7.9
376	STĘPLEWSKA Małgorzata	453		K3 40-49 lat	54	00:00:56	00:33:46	01:06:25			+00:32:11	7:38	7.9
377	GIL Wojciech	127		M4 50-59	46	00:01:33	00:34:55	01:09:29			+00:35:15	7:59	7.5
378	MAJCHRZAK Anna	3		K2 30-39 lat	36	00:01:38	00:35:55	01:09:33			+00:35:19	7:59	7.5
379	ROGUSKA Magdalena	500	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	55	00:01:38	00:35:56	01:09:34			+00:35:20	7:59	7.5
380	SIERZPUTOWSKA Ewa	329	SIE_BIEGA	K4 50-59 lat	16	00:00:36	00:33:21	01:09:55			+00:35:41	8:02	7.5
381	OLSZEWSKA Mariola	7	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat	56	00:01:28	00:35:20	01:10:25			+00:36:11	8:05	7.4
382	TELAKOWSKA Anita	372		K3 40-49 lat	57	00:01:11	00:35:15	01:11:23			+00:37:09	8:12	7.3
383	HEBDA Bartłomiej	150		M3 40-49 lat	123	00:00:00	00:37:06	01:11:26			+	8:12	7.3
384	FAJKOWSKA-KOSIEC Anna	108		K3 40-49 lat	58	00:01:20	00:35:17	01:12:18			+00:38:04	8:18	7.2
385	SAJEWSKA Karolina	321		K2 30-39 lat	37	00:00:36	00:37:11	01:17:30			+00:43:16	8:54	6.7
386	KUNDYS Karolina	433		K2 30-39 lat	38	00:00:00	00:29:55	01:22:31			+	9:29	6.3
387	WILCZYŃSKA Małgorzata	391		K3 40-49 lat	59	00:00:00	00:49:45	01:51:00			+	12:45	4.7
388	CHARLEJ Ireneusz	60	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	124	00:00:09	00:25:22				+00:08:08	5:45	10.4
389	SCHINDLER Żaneta	323		K3 40-49 lat	60	00:00:08	00:25:59				+00:08:45	5:54	10.2
390	FRETES Luis	480		M5 60+	20	00:00:47	00:27:55				+00:10:41	6:20	9.5
391	REGULSKA Ewa	307		K2 30-39 lat	39	00:00:22	00:29:27				+00:12:13	6:41	9
392	SUCHODOLSKI Mariusz	352		M3 40-49 lat	125	00:00:47	00:29:46				+00:12:32	6:45	8.9
393	MRÓZ Sebastian	257		M3 40-49 lat	126	00:01:12	00:30:04				+00:12:50	6:49	8.8
394	KITA Grzegorz	181	OLD GUARD OCR	M4 50-59	47	00:00:18	00:30:14				+00:13:00	6:52	8.7
395	BISOWSKI Szymon	474		M1 < 29 lat	16	00:00:59	00:31:33				+00:14:19	7:10	8.4
396	BISOWSKA Katarzyna	45	A NA CO TO KOMU POTRZEBNE	K3 40-49 lat	61	00:01:00	00:31:34				+00:14:20	7:10	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
397	ZIELIŃSKI Paweł	418		M2 30-39 lat	62	00:00:34	00:32:00				+00:14:46	7:16	8.3
398	PAWLAK Przemysław	289	R-TEAM ŁOWICZ	M1 < 29 lat	17	00:00:24	00:32:06				+00:14:52	7:17	8.2
399	KAMIONOWSKI Mariusz-Jacek	172		M4 50-59	48	00:00:00	00:33:34				+	7:37	7.9
400	NOWOSIELSKI Tomek	270	HERO	M5 60+	21	00:01:37	00:34:07				+00:16:53	7:45	7.7
401	BAJOREK Jacek	21		M3 40-49 lat	127	00:00:47	00:34:32				+00:17:18	7:50	7.6
402	SZULAWSKI Robert	360	GSD ŻOLIBORZ	M4 50-59	49	00:01:31	00:34:33				+00:17:19	7:51	7.6
403	ŻÓŁCIŃSKI Waldemar	428	GRUPA BIEGOWA UM W-WA	M5 60+	22	00:01:14	00:34:50				+00:17:36	7:54	7.6
404	GŁOWACKA Elżbieta	129	TEAM ZABIEGANEDNI	K5 60 +	4	00:00:11	00:35:07				+00:17:53	7:58	7.5
405	WÓJTOWICZ Agnieszka	407		K3 40-49 lat	62	00:01:01	00:35:35				+00:18:21	8:05	7.4
406	DĄBROWA Bartosz	89	BIAŁOŁĘKA PRZYSZŁOŚCI	M1 < 29 lat	18	00:01:38	00:35:55				+00:18:41	8:09	7.4
407	ZIĘĆ Artur	419		M4 50-59	50	00:01:05	00:36:07				+00:18:53	8:12	7.3
408	SOLAREK Kinga	5		K2 30-39 lat	40	00:01:38	00:36:14				+00:19:00	8:14	7.3
409	GIERANOWSKI Marcin	126	GIERAN	M3 40-49 lat	128	00:00:17	00:36:17				+00:19:03	8:14	7.3
410	KUCICKI Krzysztof	209		M3 40-49 lat	129	00:01:27	00:36:26				+00:19:12	8:16	7.2
411	LACH Marta	215	SLOW JOGGING BIAŁOŁĘKA	K3 40-49 lat	63	00:01:43	00:37:11				+00:19:57	8:27	7.1
412	NASKRĘT Mariusz	263		M3 40-49 lat	130	00:00:54	00:39:40				+00:22:26	9:00	6.7
413	OGOŃCZYK Donata	272		K2 30-39 lat	41	00:00:48	00:39:47				+00:22:33	9:02	6.6
414	BOHDZIEWICZ Izabela	49		K2 30-39 lat	42	00:01:56	00:40:12				+00:22:58	9:08	6.6
415	SŁOTWIŃSKA Martyna	493		K1 < 29 lat	8	00:00:31	00:42:01				+00:24:47	9:32	6.3
416	KRUPINIEWICZ Antoni	69	SKORPION	M4 50-59	51	00:00:32	00:42:06				+00:24:52	9:34	6.3
417	WALASIK Agnieszka	384		K3 40-49 lat	64	00:01:42	00:44:27				+00:27:13	10:06	5.9
418	CZECHOWSKI Jerzy	86	MZA WARSZAWA	M5 60+	23	00:00:57	00:44:38				+00:27:24	10:08	5.9
419	SZOT Agnieszka	357		K4 50-59 lat	17	00:01:20	00:48:20				+00:31:06	10:59	5.5
420	REDA Alicja	305	NW CZŁAPSKI TEAM	K5 60 +	5	00:00:13	00:51:59				+00:34:45	11:48	5.1
421	NIEWCZAS Zdzisław	265		M5 60+	24	00:00:30	00:56:26				+00:39:12	12:49	4.7
422	BRZAKAŁA Renata	53	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	18	00:01:40	01:02:56				+00:45:42	14:18	4.2
423	KAMIŃSKI Waldemar	9	SLOW JOGGING BIAŁOŁĘKA	M4 50-59	52	00:01:40	01:02:58				+00:45:44	14:18	4.2
424	PIOTROWSKI Jan	446	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	63	00:00:00	01:09:28				+	15:47	3.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
425	REGUCKI Ryszard Regucki	306		M3 40-49 lat	131	00:00:00	01:36:44				+	21:59	2.7

Znaleziono 425 wynik(ów)